

"Snowy Day" Turkey Pitas

Makes: 24 or 48 servings

24 Servings

48 Servings

Ingredients	Weight	Measure	Weight	Measure
Pitas, whole wheat		24		48
Onion, chopped		2 cups		4 cups
Red bell peeper, sliced		4 cups		8 cups
Green bell pepper, sliced		2 cups		4 cups
Turkey breast, cut into strips	3 lbs		6 lbs	
Ricotta cheese, part-skim		2 cups		4 cups
Vegetable oil		2 Tbsp		1/4 cup

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	182	
Total Fat	3 g	
Protein	19 g	
Carbohydrates	20 g	
Dietary Fiber	4 g	
Saturated Fat	1.5 g	
Sodium	169 mg	

Directions

1. Bake turkey breast according to package directions.
2. Cut turkey into strips to be used later.
3. In a non-stick skillet, saute onions and bell peppers in oil until tender.
4. Fold pita in half.
5. Fill with 1 tablespoon of ricotta cheese, 1/2 cup vegetable mixture, and 1.5 oz or turkey breast.

Notes

Serving Tips:

This sandwich is an adjusted form of a Greek gyro. You can make your own gyro at home using any type of meat, tomatoes, onions, and low-fat cheese.